

DINNERLY



Low-Cal Plant-Based Middle Eastern Stew with Crusty Spice-Dusted Rolls



35 minutes



2 Servings

This hearty vegan stew combines plant-based mince with tomato and kofta spices for a tasty, belly-filling dinner. Wholemeal rolls spiced with zaatar bring extra Middle Eastern flair.

WHAT WE SEND

- 1 onion
- 1 carrot
- 1 tomato
- 250g plant-based mince ⁶
- 5g kofta seasoning ¹⁷
- 5g zaatar ¹¹
- 2 wholemeal rolls ^{1,6}

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 2 tbs tomato paste
- olive oil spray (optional)

TOOLS

- medium deep frypan with lid
- oven tray
- foil

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 520kcal, Fat 26.6g, Carbs 35.3g, Proteins 28.9g



1. Prep ingredients

Coarsely chop the **onion**. Peel the **carrot**, then halve lengthwise and cut into 2cm chunks. Cut the **tomato** into 2cm chunks. Crush or finely chop **2 garlic cloves**.



2. Brown plant-based mince

Heat **1 tbs olive oil** in a medium deep frypan over high heat. Cook the **plant-based mince**, **kofta seasoning** and **½ tsp zaatar**, breaking up the lumps with a spoon, for 3 mins or until browned. Add the **onion** and **garlic** and cook, stirring, for 3 mins or until softened.



3. Simmer stew

Add the **carrot**, **tomato**, **2 tbs tomato paste** and **375ml (1½ cups) water** to the pan and stir to combine. Bring to the boil, then reduce the heat to medium and cook, covered, for 15-20 mins until the carrot is tender and the sauce is slightly thickened. Taste, then season with **salt and pepper**. Remove the pan from the heat.



4. Grill rolls

Meanwhile, preheat the grill to high. Line an oven tray with foil. Tear the **rolls** in half widthwise, put on the lined tray and spray or lightly brush with **olive oil**. Scatter over **1 tsp zaatar** (see Make it yours) and toss to coat. Grill for 5-6 mins, tossing halfway through, until golden and crisp.



5. Serve up

Divide the **stew** among bowls, scatter over the **remaining zaatar** and serve with the **crusty rolls**. Enjoy!



6. Make it yours

Zaatar is a tangy Middle Eastern spice blend made up of toasted sesame seeds, sumac and herbs like dried oregano and thyme. We've sprinkled it over the rolls before grilling them, but feel free to leave the rolls plain and serve the zaatar on the side.